



INShape Indiana's 10 in 10 Cardio Circuit

Week #1 Let's Get it Started!

Here's to the beginning of a new YOU! This first routine will get your heart rate up and push you towards a stronger mind and body. Keep up with these exercises and you will see that fitness is within reach!

0:00-1:00 Reach the Sun

Sit down into your heels for a squat and pull arms into chest

Push through your rear to stand up and open arms overhead as you reach for the sun

Sit back into heels and down into squat

Repeat for 1 minute

1:00-2:00 Tap Jack

Arms bent at elbows forming L-Shape, legs together with knees bent

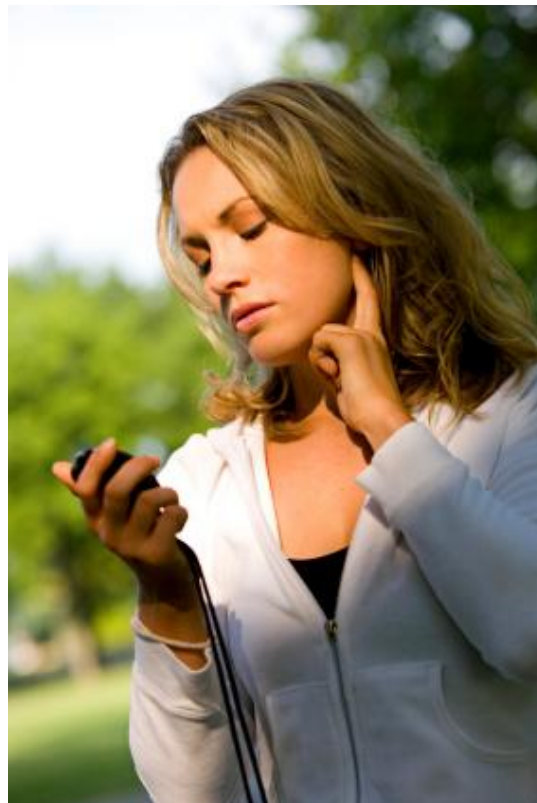
Tap right foot out to side and bring arms up and out to sides (about shoulder level)

Bring right foot in and arms down (knees stay bent!)

Tap left foot out to side and bring arms up and out to sides (about shoulder level)

Bring left foot in and arms down

Repeat on right and left for 1 minute



2:00-3:00 Knees Up

Reach arms overhead and pull them down as you lift your right knee into chest

Repeat same movement on left side and continue alternating for 1 minute

3:00-4:00 Double Jack

Jump feet apart into a squat and lift arms up and away from body

Bounce twice

Jump feet in together and arms come down

Bounce twice

Repeat for 1 minute

4:00-5:00 Side Swing Lunges

Stand with feet together and arms overhead

Step right leg out to right side, sit back into heel and lunge

Swing arms to side like you are brushing off right knee (use abs to control movement)

Push off and come back to start

Repeat to the left and continue alternating for 1 minute

5:00-6:00 Ham Kicks

Stand with legs a little past shoulder-width apart, arms reach out in front of you

Alternate kicking right then left heels back (squeeze heels up to your rear)

Pull elbows back and together with each kick

Repeat for 1 minute

6:00-7:00 Speed Skater

Step towards the right, bend right knee and cross left leg back behind you

As you do this, reach left arm down towards right foot

Rise up then repeat move on the other side (left knee bend, right leg crosses back, right hand reaches towards left foot)

Repeat this back and forth for 1 minute

7:00-8:00 Jog

Jog in place or around the room for 1 minute

(Hint: the more you move around and pick up your feet, the more calories you burn!)

8:00-9:00 Reach for the Stars

Sit down into a plie squat (legs are wide and toes turned out)

Reach your right arm across your body as you rise up

Pull arm back and lower into a squat

Reach your left arm across your body as you rise up

Repeat movement for 1 minute

9:00-10:00 Cool Down Walk

Walk in place or around the room to cool down for the last minute. Take deep breaths and check your heart rate by counting the beats for 60 seconds. Record it and you can start comparing as you progress through the next 9 weeks!

INShape Indiana's 10 in10 Strength Training Circuit

Week #1 Getting Started

Resistance workouts should be done a minimum of 48 hours apart to allow the muscles ample time to recuperate.



Repetitions should be performed at a steady pace and always in a controlled fashion.

Remember to never hold your breath while doing resistance exercises. Concentrating on breathing in during relaxation and breathing out during exertion.

Form is paramount, so be sure to keep good form at all times.

Before each resistance workout always warm-up for 5-10 minutes doing a full body stretch or a cardio exercise provided in the Cardio portion of the 10 in 10 Workout Program.

10-15 second transitions between exercises

Body Weight Squats – 60 seconds

Have feet a little wider than shoulder width with arms out in front of your body

Lower yourself into a squatting position without your heels coming off of the ground

Go down to just above 90 degrees and back up again

Keep your chest and head up, do not bend forward and repeat

Modified Plank – 60 seconds

Lower yourself into a traditional push-up position

Stay on your toes and keep your body as straight as a board

Keep your core tight and hold the position

Leg Bridge – 60 seconds

Lie on your back with your knees up and feet on the ground like the beginning position of a sit up

Push your hips up towards the ceiling so that your body is straight

Push with your heels and repeat

Modified Bicycle Crunch – 60 seconds

Begin in the same position as the leg bridge

Hands behind head

Right knee will touch left elbow (as close as you can) and left knee will touch right elbow

One foot should always be on the floor

Alternate between sides

One Arm Bent Dumbbell Row – 30 seconds each

Body will be bent a little above 90 degrees at the waist

Legs in a slight split stance with knee slightly bent

Use the non-lifting arm to stabilize yourself on a fixed object

Keep your back parallel with the floor

Have dumbbell in other arm and lift it up to your side to just below your chest

Release to your arm is almost straight and repeat

Modified Push-up – 60 seconds

A traditional push-up except you will be on your knees not your toes

Keep your body straight as possible, do not raise your butt in the air

Arms a little wider than shoulder width

Band Bicep Curls – 60 seconds

Feet shoulder width apart, standing on band

Keep elbows by your side at all times while you curl

Dumbbell Shoulder Press – 60 seconds

Feet shoulder width apart with dumbbells at your shoulders with palms facing forward

Press dumbbells straight up overhead almost locking out your elbows

Return to starting position and repeat

Five Foods to Boost Immunity

Eating plenty of foods to boost your immune system is important all year long. But it's extremely critical now because of these two reasons:

It's cold and flu season, germs are everywhere and you're more



susceptible than ever to getting sick.

If you get sick, you might not be able to exercise. You've probably set a goal to work out more in 2009 and maybe even lose weight. So the last thing you want is to miss your daily workouts.

Load up your shopping cart with these powerful immune-boosting foods: *nutrient-rich foods* that give you the most vitamins, minerals and antioxidants in every calorie.

- Fruits and Vegetables - Maximize antioxidants and choose the most colorful fruits and vegetables, like dark green, red, orange, yellow varieties such as spinach, kale, collard greens, kiwi fruit, mango, cherries, sweet potatoes, squash, carrots, tomatoes, bell peppers, broccoli, oranges, grapefruit, blueberries and strawberries. Frozen, canned and dried counts just like fresh.
- Orange & Grapefruit Juice – 100% orange and grapefruit juice is packed with antioxidants vitamin C. Just make sure the label says "100 percent fruit juice" for the most antioxidants.
- Whole Grains – Rather than white refined breads, bagels, spaghetti and cereal, eat whole grain or 100% whole wheat versions for the most immune-boosting fiber and nutrients.
- Nuts & Seeds – Filled with all kinds of B vitamins and antioxidants vitamin E, nuts and seeds of every kind will help support a strong immune system. Enjoy sunflower seeds, almonds, walnuts, pistachios, pecans and peanuts.
- Lean Protein – Protein helps build, repair and maintain all the body's cells, tissues and organs – critical for a peak-performing immune system. Keep protein choices lean to help keep your heart healthy, too: lean beef, lean pork, skinless poultry, eggs, soy products, tofu and all kinds of fish.

Immune-Boosting Recipe

Nearly every ingredient in this zesty salad (except the salt!) packs an immune-boosting punch. The black beans provide double benefits - valuable protein and counting as a vegetable serving. Corn contains phytonutrients to help support healthy vision. Serve this as a salad or even as "salsa" with multi-grain tortilla chips.

Spicy Black Bean & Corn Salad with Lime Dressing

Bean & Corn Salad

2 cans (15 oz) black beans, drained and rinsed
2 ¼ cups frozen sweet corn kernels, thawed
½ cup chopped red onion
1 cup chopped green onion
1 large red bell pepper, chopped
1 jalapeno pepper, minced
2 tomatoes, chopped
½ to 2/3 cup chopped cilantro

Lime Dressing

1/3 cup fresh lime juice
2 teaspoons minced garlic
1 ½ teaspoons ground cumin
1 teaspoon salt
1 tablespoon extra virgin olive oil

Combine all salad ingredients in a large bowl and set aside. Combine all dressing ingredients in a small bowl and mix well. Pour dressing over salad and toss lightly to combine. Chill several hours before serving. Store in refrigerator.

Makes about 8 cups (10 servings of $\frac{3}{4}$ cup each)